

Living Well in Bradford County

Dear Extension Friend:

May 2011

Summer's here! Well almost, technically it's still spring, but it sure has felt like summer out there lately. As you know, summer in Florida means **HOT** weather, high humidity, and an increased risk for dehydration and sunburn. So remember, when you go outside, be sure to put sunscreen with SPF 15 or higher on all exposed areas and wear a hat and sunglasses. Also remember to hydrate. Drink cool, clear water without added sugars or caffeine.



Have a great summer!

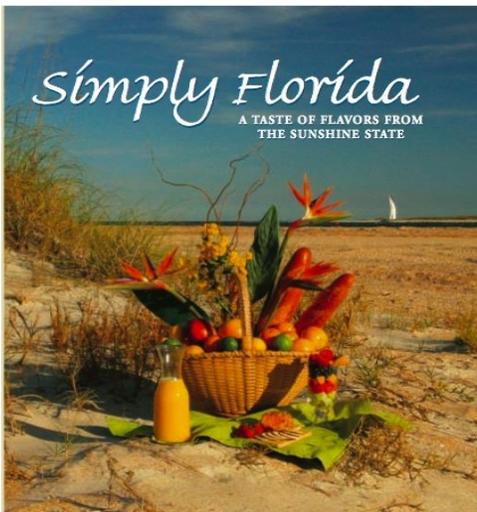
If there is any information that you need from us here at the Extension office, please come by and see us.

Enjoy the Newsletter, and as always if you have any questions, concerns or suggestions please give me a call.

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**Simply Florida:
A Taste of Flavors from
the Sunshine State**

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Melanie at (904) 966-6224 or by visiting <http://www.simplyflorida.org>.

Health & Nutrition: Food Allergies

A food allergy is an acquired hypersensitivity reaction to what is normally considered a safe food. Food allergies occur more often in children than in adults: 5-8% of those age 4 or under and about 1-4% of adults are affected. Together, about 11 million Americans suffer from some degree of food allergy. Those with severe reactions may experience what is known as anaphylaxis or *anaphylactic shock*. Annually, around 30,000 people receive life-saving emergency treatment and 150 fatalities occur.

While most food allergies in adults are caused by a small group of foods or food products, early in life food allergies can be caused by a wider variety of foods. About 90% of reported food allergies in children under the age of four are caused by: dairy products, tree nuts, eggs, wheat and wheat products, peanuts, or soy and soy products.

Dairy, eggs, and soy allergies are commonly outgrown; peanut allergies are almost never outgrown. As an adult, “the big eight” foods (and their products) account for 90% of food allergies: cereals containing gluten (wheat, rye, barley, oats, spelt, or their hybridized strains and products), crustaceans, milk, eggs, tree nuts, fish, soybeans, and peanuts.

What causes food allergies?

A true allergy is caused by a person's immune system reacting to a food when first eaten. The body "remembers" that food and, when it is eaten again, the immune system overreacts in an excessive and potentially life-threatening way.

Although often misdiagnosed as a food allergy, food intolerance is different. Symptoms of food intolerance usually involve discomfort after eating the causal food, such as bloating, abdominal pain, and sometimes diarrhea. Specifically, food intolerance is due to a problem with a person's metabolism, *not* their immune system. Lactose intolerance, for example, is caused by the inability to produce the digestive enzyme (lactase) that breaks down the sugars found in milk and other dairy products (lactose).

Studies suggest that 10 to 20% of adult Americans incorrectly believe that they or someone in their family has a food allergy. Proper medical authorities should be consulted for confirmation and guidance.

Allergic reactions to food may cause symptoms within seconds of consumption, or the symptoms may take up to several hours to develop. Symptoms can occur locally, or can be spread over the body or in multiple locations. Redness, itching, and swelling (inflammation) are the most well known and commonly associated symptoms, although several other types of symptoms are possible.

Symptoms associated with the digestive tract may include any one or more of the following:

- itching/tingling of the lips, palate, tongue, or throat;
- hoarseness and sensation of tightness in throat;
- vocal impairment or difficulty speaking;
- swelling of the lips or tongue;
- abdominal pain or cramps;
- nausea and/or vomiting; or
- diarrhea.

The greatest danger of a hypersensitivity reaction, or anaphylactic response, is the possibility that air passageways will swell closed and suffocate the victim, or that the victim will go into shock, a state of decreased blood flow that is potentially life-threatening.

Managing food allergies

If a person has an allergy to a particular food, any meal with that food present, even as a flavoring, may cause an allergic response. If a person is allergic to peanuts, they will be sensitive to the consumption of any food that has peanuts or peanut products (peanut butter, peanut oil, chopped or diced peanuts, etc.) as an ingredient. Treatment or processing of a food does not affect its ability to cause an allergic response. It is important to carefully read food labels and ingredient lists if a person has a known food allergy.

Source: Schneider, Keith, Goorrich, Renee, Dealing with Food Allergies, FSHN0513, University of Florida

Food Safety: Summertime Grilling

Grilling is one of the healthiest forms of cooking and a summertime staple. Backyard burgers, tasty T-bones, and crispy corn on the cob are just a few of the delicious things that can be cooked on the grill. But research has shown that if done improperly, the food can become charred. And that char can be chock full of cancer-causing compounds called carcinogens. But have no fear! Here are six strategies for grilling the healthier way:

Timely flipping. Too much flipping can tear the meat and make it dry. Don't force it! When the food gives with a gentle tug, it's ready to flip.

Proper portions. Cubing or slicing the meat into smaller portions can speed up cook time. Or try quick cooking options such as shrimp or fish.

Less is more. Foods that cook faster are less likely to char. Also, keep track of the internal temperature. Avoid cooking meats past their temperature goal: 165 degrees F for poultry, 155 degrees F for pork and ground red meats, and 145 degrees F for steaks and chops.

Avoid flare-ups. Never put water on a grease fire. If you have a flare-up, simply move the food to a cooler part of the grill or set it aside while the fire dies down.

Try something different. Grilling isn't just for meat, you know. A variety of foods including fruits, vegetables, and breads can also be deliciously grilled.

Keep it clean. Cleaning the grill rack regularly can prevent burned bits of food from causing future flare-ups.



National Egg Month! A Few Egg-citing Facts

May is National Egg Month and to celebrate, here are a few *egg-cellent* facts about one of America's favorite foods:

The shell is composed of two fine layers of calcium carbonate, which separate over time, creating an air cell. That's why older eggs float in water, while fresh eggs sink.



Another name for the egg white is **albumen**. Composed of water and protein, it also contains riboflavin, niacin, magnesium, and potassium. Fresh egg whites are cloudy.

The yolk contains all of an egg's fat as well as cholesterol, vitamins A, D, and E, and nearly half of an egg's protein. The color of the yolk is dependent on the bird's diet and has absolutely no effect on the egg's nutritional value.

A large egg contains 75 calories, 5 grams of fat, and 6.3 grams of protein.

The color of an egg's shell depends on the breed of hen that lays it. The egg shell color does not affect the egg's nutritional profile and there are no flavor differences between white and brown eggs.

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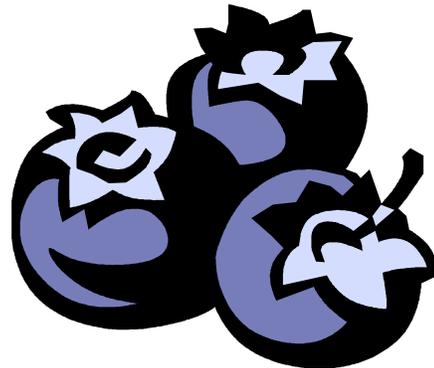
ADDRESS SERVICE REQUESTED

Extension programs are open to all people regardless of race, color, age, sex, handicap, or national origin. In accordance with the Americans with Disabilities Act, any person needing a special accommodation to participate in any activity, should contact the Bradford County Cooperative Extension Service at 2266 N. Temple Ave. Starke, FL 32091 or telephone (904) 966-6224 no later than seven (7) days prior to the event. Hearing impaired persons can access the foregoing telephone by contacting the Florida Relay Service at 1-800-955-8770 (voice) or 1-800-955-8771 (TDD).

Simply Florida Recipe Highlight—Blueberry Buckle

Ingredients:

2 c. sifted all-purpose flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/4 c. packed light brown sugar
3 Tbsp. all-purpose flour
1/2 tsp. ground cinnamon
2 Tbsp. butter or margarine
1/2 c. granulated sugar
1/4 c. (1/2 stick) butter or margarine, softened
1 egg, lightly beaten
1/2 c. milk
2 c. fresh or frozen blueberries



Directions:

Sift 2 cups flour, the baking powder and salt together. Combine the brown sugar, 3 tablespoons flour and the cinnamon in a bowl and mix well. Cut 2 tablespoons butter into the brown sugar mixture until crumbly. Beat the granulated sugar, 1/4 cup butter and the egg in a mixing bowl until light and fluffy. Add the flour mixture alternately with the milk, beating well after each addition. Stir in 1/2 cup of the blueberries. Spoon the blueberry mixture into a greased 8x8-inch baking dish and top with the remaining 1 1/2 cups blueberries. Sprinkle with the brown sugar mixture and bake in a preheated 350-degree oven for 1 hour or until the edges pull from the sides of the dish.

Cool in the baking dish on a wire rack for 5 minutes.

Run a sharp knife around the edges to loosen and cut into nine squares.

Serve warm.